

Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two

Post by "Don" of September 14, 2022 at 1:22 PM

[Quote from reneliza](#)

Oh gods no don't get me started on flow, because I have THEORIES

Seriously though, tying flow to katastematic pleasure (specifically, emotional regulation and thereby ataraxia/mental non-disturbance) is a really interesting concept I was thinking about yesterday (in slightly different wording)

Oh, you have to share now! 😊 Don't leave us hanging!